

Rio Soccer Club U9 – U10 Coaches Clinic
Sunday, September 16, 2012

1. Fun Games focused on Passing and Receiving

Key coaching points: how to pass/strike a ball with inside of foot (heel down, toe up, ankle locked, plant foot next to ball and pointing toward target, follow through to target, where to strike ball to keep it on ground) and laces (toe down, heel up, ankle locked, plant foot next to ball and pointing toward target, follow through to target, where to strike ball to keep it on ground), how to receive ball – select part of foot, present surface, cushion ball by giving as ball contacts foot, preparing ball out from under body and to set up next play.

a) Soccer Golf - Passing

- Set up cones as holes – how many passes does it take to hit the cone? Who can score in the fewest passes? Any hole in ones?

b) Marbles – Passing

- With a partner in a large grid – each player with ball – 1st player passes ball somewhere in grid and 2nd player passes their ball trying to hit partners ball. Then 1st player tries to hit 2nd players ball. All 1-touch.
- Two equal sized teams. Each team 15-20 yards from different color soccer balls (marbles). Must pass soccer balls to knock marbles into opponents half. Team with fewest marbles on their side at end of game wins. (see Diagram 1)

c) Knock-it Off Cone - Passing

- Partners each 10-20 yards from ball placed on top of a cone. Pass ball and try to knock off cone. Which team of two can knock the ball off the cone the most times in two minutes.

d) First Touch into Cone – Passing and Receiving

- Set 2 large cones (or other objects) 10-25 yards apart with a player standing behind but near each cone. Partner passes ball to you, and you have 1-touch to try to hit the cone you are next to. Compete with partner.

2. Directional Passing and Receiving – see Diagram 2

Key coaching points: check for ball at an angle, open body shape, peek over your shoulder, receive across body, first touch takes you somewhere, pass on ground to appropriate foot with appropriate pace

3. Support & Spacing (also passing and receiving)

- a) 4v2 in 15 x15 yard grid – team of 4 has ball at feet, team of 2 has one ball in hands
- b) 4 Box Game – see Activity Plan
- c) 6 Square Game – see Activity Plan

4. Organization and Preparation for Goal Kicks and Goalkeeper Possession – see Diagram

5. Winning the Ball Back – see Lesson Plan

Key coaching points: when you don't have a ball – go get one!, separate players from the ball, poking the ball away with front foot (introduction to tackling),

- a) If You Don't Have a Ball Get One – separate players from the ball instead of just kicking it out
- b) Kamikaze Defending - win the ball as fast as you can, introduce front foot poke tackle
- c) 2 Grid Transition Game: when we lose the ball – emphasis on winning it back as soon as we can
- d) Team Knockout – how fast can you get all of the balls out of the game

6. Coaching within the Game – Things to Consider

- a) Allowing players to make decisions then coaching vs. telling players what to do prior to them making the choice
- b) How to ask guided questions within the game to get players to recognize certain situations and change their behavior

Diagram 1 – Marbles

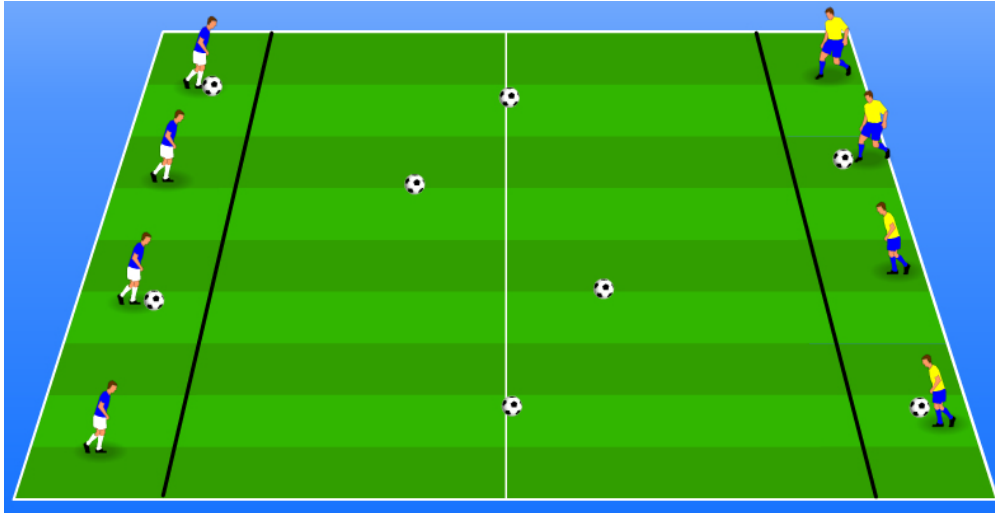
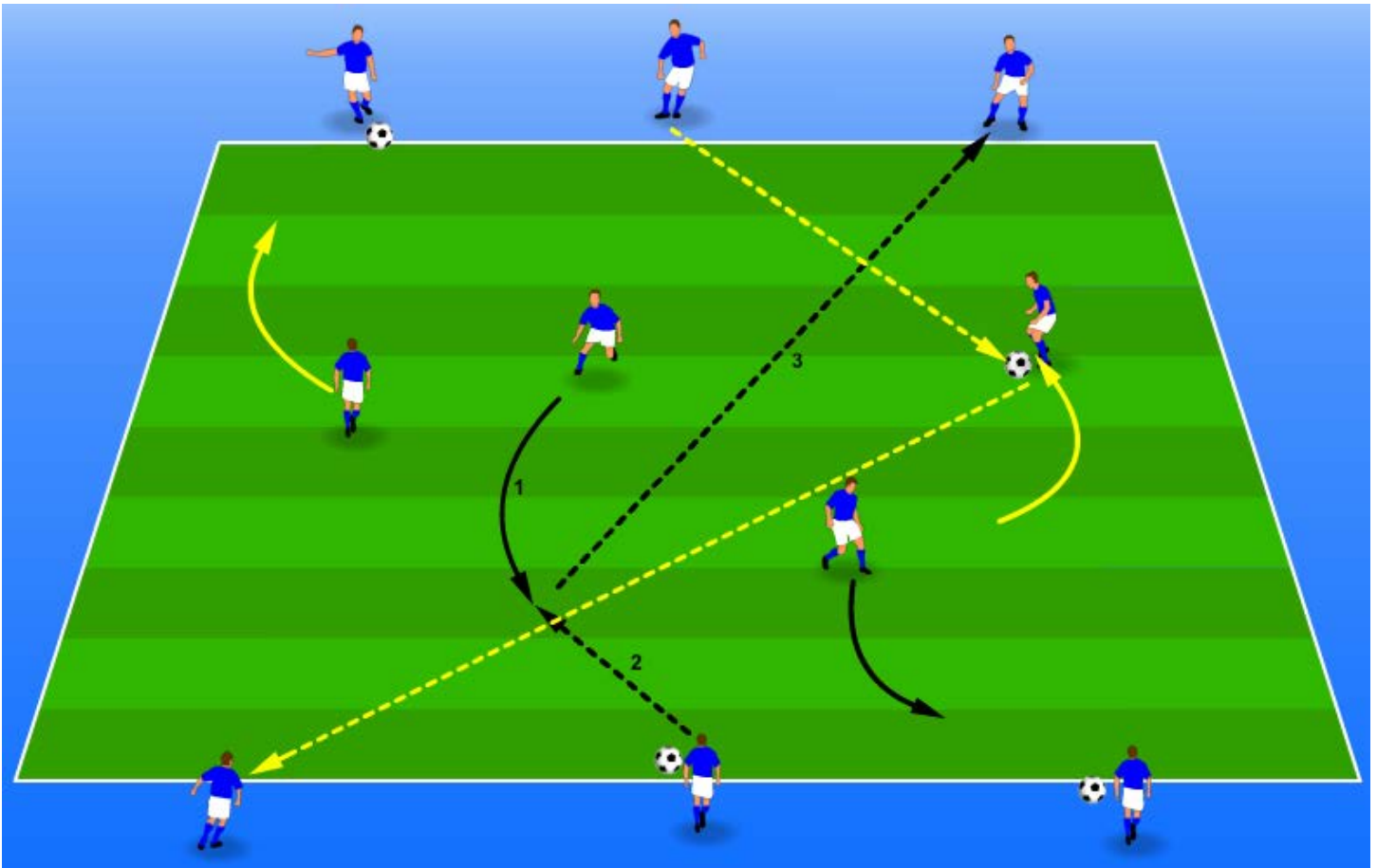


Diagram 2 – Directional Passing and Receiving



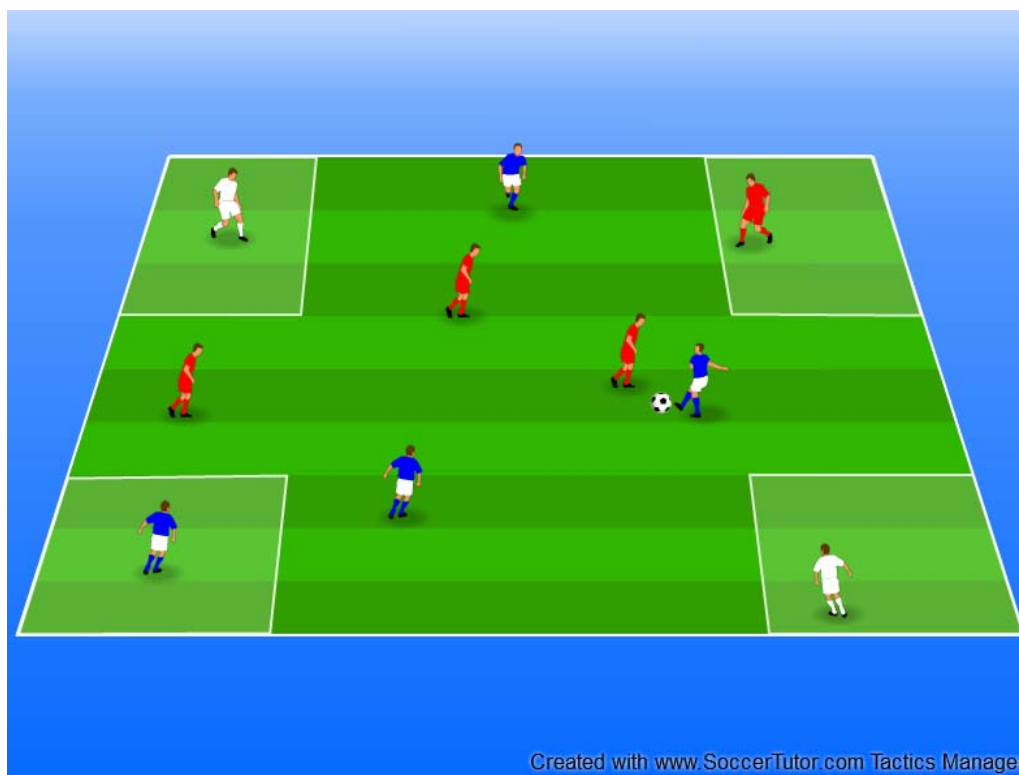


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4 Box Activity - Support & Spacing



Author:	Ray Nause	Players:	10
Date Submitted:	16 Sep 2012 18:06	Level / Age Group:	U8 - U14

Description: A team must get the ball into one of the 4 boxes and then into another to score a point.

Objective: Providing proper support for ball to maintain possession and spacing of players on attacking team to move ball from one box to another.

Coaching Points: Distance and angle of support - closer when more pressure
 Open body shape - receive ball across body
 Passes to proper foot and with proper pace
 Spacing and connection of players without ball to player with ball

Progression: 1) 3v3 with 4 players restricted to boxes - they play with both teams
 2) 4v4+2 - players may move anywhere they like in the field

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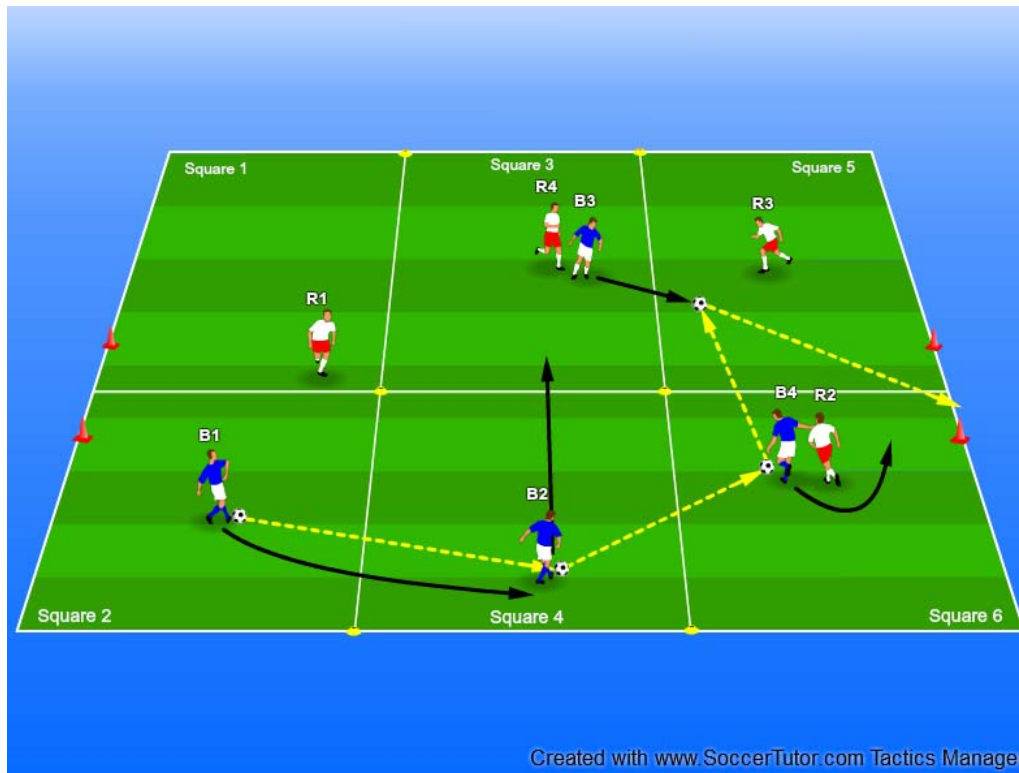


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Pass and Move - 6 Square Game



Author:

Ray Nause

Players:

12

Date Submitted:

16 Sep 2012 17:13

Level / Age Group:

U8 - U14

Description:

Field is split into 6 equal sized squares

Each member of a team must always be in a separate square and whenever they pass, they must move to a new square. When your teammate enters a square, you must go to a new one.

Objective:

To Improve players game awareness, movement and support play (attacking passing options) as they attack and try to score.

Coaching Points:

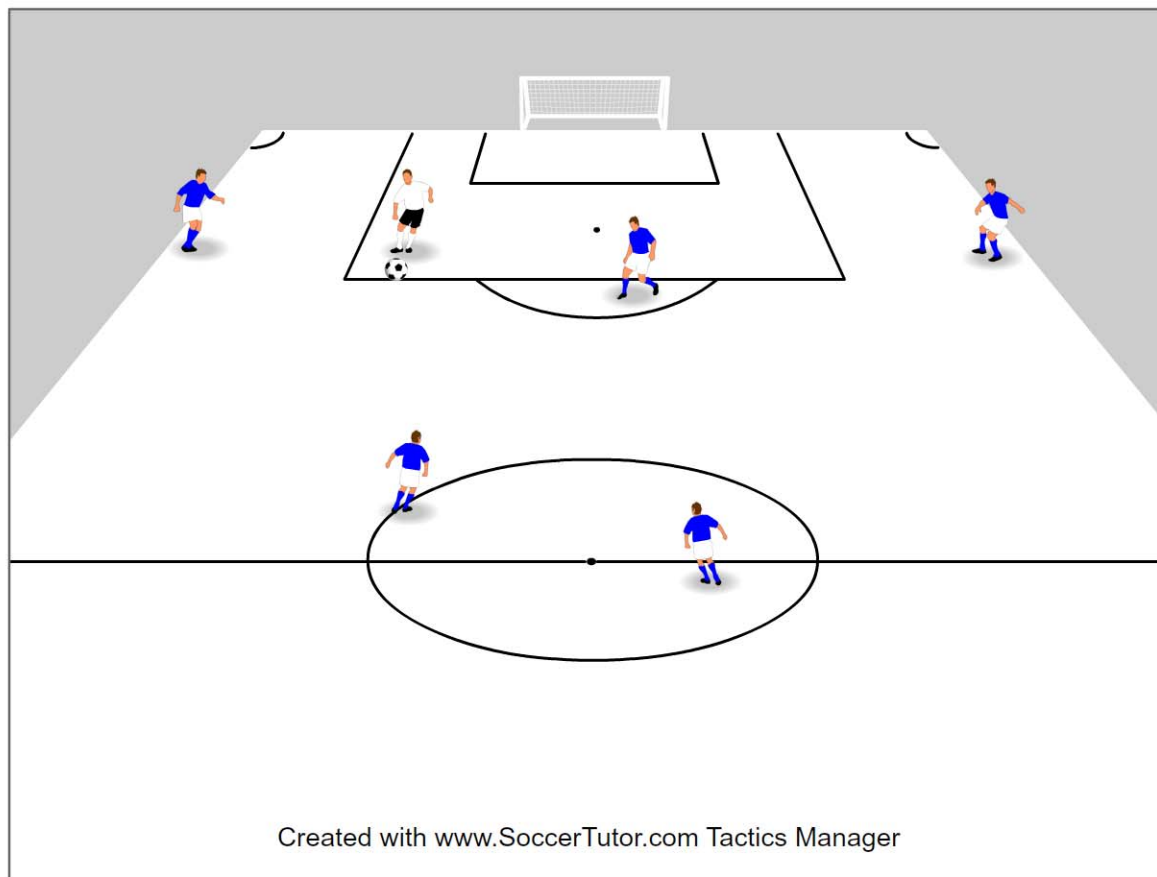
1. Game Awareness - Where is the Ball, Where are the players, who is in your square?
2. Positioning - Am I in my own square and in a position to receive a pass ahead of the ball?
3. Receiving - Can I receive the ball with an open body to move or pass forward?
4. Passing - Can I pass, possibly ahead of a team mate with the correct weight and direction?
5. Movement - Can I pass and then move into another attacking position to receive the ball?

Progression:

1. 3 teams of 4 each passing a ball
2. balls should never be in the same square
- 2 teams of 4 or 5:
3. For possession - 5 consecutive passes is a goal
4. To cone goals

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Goal Kick and GK Possession Shape - U9-U10 6v6



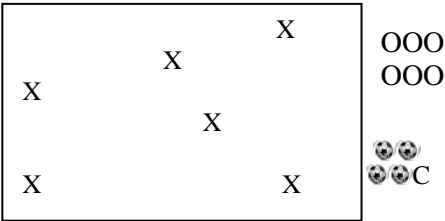
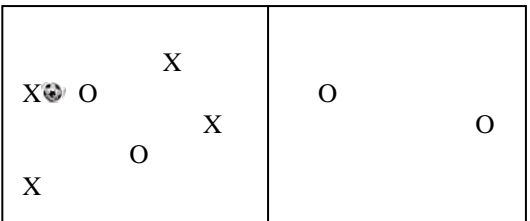
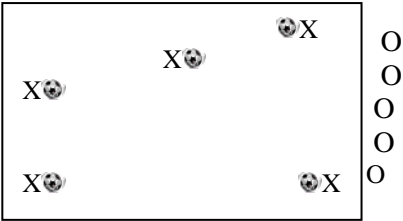
Date:	12/Sep/2012	Measurement:	Half a Pitch
Time:	N/A:N/A	Players:	11
Duration:	N/A	Level/Age Group:	U8 - U10

Description: 1/2 field - 6 players to start/add 5 players on defending team
 3 player options for short pass - 2 near sideline at edge of penalty box, 1 inside D at top of box
 2 long passing options
 When the ball goes over the endline for a goal kick or the GK gains possession, the GK grabs the ball as quickly as possible, runs to the edge of the penalty box near an open player, sets the ball, quickly plays a short pass to them, and recovers to front of the goal

Objective: Shape and decision making for goal kicks and GK possession

Coaching Points: GK takes all goal kicks
 Play short quickly when at least one of those options is open
 Play long if all 3 short options are marked

Progression: Shadow train 6 players on the team
 Add defending team that must shoot within 3 passes when they win the ball

Diagram	Activity Description	Coaching Points
<p>Warmup If You Don't Have a Ball Get One</p>	<p>all players in an appropriately sized grid – half of the players have a ball – whoever has a ball when coach calls stop wins, ball out is gone</p>	<p><u>Emphasis on winning the ball back</u> *be aggressive, and get a ball as fast as you can *separate the attacker from the ball – don't just kick it away *use your arm to own your space</p>
<p>6v2 Kamikaze Defending</p> 	<p>15 x 25 yard grid *one team of 6 inside grid-other in pairs outside * coach passes ball in and one defending pair enters and must get the ball out of the grid as fast as possible *once ball is out – coach plays in new ball and next pair must get ball out *pair (or team) allowing fewest passes wins</p>	<p><i>All of the above plus:</i> *be aggressive and get ball out as fast as you can *introduce front foot poke tackle *work together with your partner – where might next pass go?</p>
<p>4v1+ Transition Game</p> 	<p>4v1 in two 15 x 15 grids (2 groups) * two teams of 4 begin on their half of the grid * coach plays ball into one side, and 1 opposing defender can cross to win ball back * every 4 passes another defender can enter *get a point every time you can win the ball and get it to the other side</p>	<p><i>All of the above plus:</i> *player who lost ball should try to win it back right away *attempting to win it back with numbers up immediately after you lose it – prevent ball from switching sides</p>
<p>Team Knockout</p> 	<p>25 x 35 yard grid *one team inside grid – each with a ball * defending team starts outside *how long does it take for defending team to get all balls out of grid *attacking players can work together once the ball they possess is out *team with shortest time to get all balls out wins</p>	<p><i>All of the above plus:</i> *focus on immediate defensive pressure and working as a team to win soccer balls</p>